What is claimed is:

1. An exercise and mobilization device for paraplegic and motorically disabled people, enabling the user to shift from a sitting to an upright position and perform passive and active walking exercises, said device comprised of
   - a construction of a horizontal frame assembled with a vertical frame wherein the horizontal frame is situated on wheels and the vertical frame is supported and operated via an mechanical mechanism enabling said frame to move between a seated position and an upright position;
   - a seat including a back and arm rest mounted on said vertical frame wherein said seat supports the user when shifting between a seated and upright position;
   - a control panel located on the arm rest, enabling the user to control all device functions; .
   - pulleys positioned on the vertical frame, wherein a cable is stretched between said pulleys and the horizontal frame for controlling the saddle seat position when shifting between a seated position and upright position;
2. The device of claim 1 wherein the seat takes the form of a saddle seat and includes a special supporting design shaped to fit the user's underside.
3. The device of claim 1 further comprising a control panel behind the seat enabling a second person to control the device.
4. The device of claim 1 further comprising means for operating the device by voice activation commands;

5. The device of claim 1 wherein the wheels supporting the horizontal frame are electrically driven.
6. The device of claim 1 further comprising footholds that are fastened to the user's feet, said footholds being movable along a track mounted on the horizontal frame, enabling the user to practice a walking-like motion along the track while in the upright position;
7. The device of claim 1, wherein the control panel provides the control of movement between a seated position and upright position
8. The device of claim 1 further comprising an electric motor for adjusting the height of the seat when the device is in the upright position;
9. The method of claim 1 further comprising pelvic and shoulder straps that are attached to the saddle seat for stabilizing and securing the position of the user within the saddle seat.
10. The method of claim 1, wherein the mechanism is an electrically activated piston.
11. The method of claim 1, wherein the mechanical mechanism is a hydraulically activated piston.